



OFFICE OF PUBLIC INSTRUCTION

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Linda McCulloch
Superintendent

A HAPPY
NEW YEAR

THINK FOOD

School Nutrition Programs
January 2009

USDA 2009-10 COMMODITY ORDERING BEGINS



The commodity order forms will be available online, beginning January 5, 2009, and will continue through February 13, 2009.

Order forms along with instructions are located under Commodity Forms at the OPI School Nutrition Food Distribution Web site found at <http://www.opi.mt.gov/schoolfood/foodDistNEW.html>.

If your district has a colony school that serves school lunches please include them when ordering.

Orders for the following commodities have already been placed in the USDA's Electronic Commodity Ordering System (ECOS), and, if purchased, will be available as bonus items for the 2009-10 school year:

A375 Strawberries, Whole Frz.
A379 Blackberries, Evergreen IQF
A220 Potatoes Sweet

PEANUT BUTTER FACTS



Peanut butter was invented in the 1800s when doctors asked manufacturers to help produce a product to act as a protein supplement for patients who could not eat meat due to their declining dental health.



Peanut butter must, by law, contain a minimum of 90 percent peanuts. Both natural and regular peanut butters may contain some sugar or salt for flavoring.

Independent analyses of peanut butters by The Peanut Institute have shown extremely low levels of trans fat. Some peanut butter contains a very small amount of partially hydrogenated vegetable oil to help prevent oil separation, which is preferable to most consumers. Based on newly proposed Food and Drug Administration (FDA) regulations about trans fat labeling, peanut butter would declare ZERO (0) trans fat.

POSSIBLE SHIPMENT CHANGES

The USDA has NOT purchased three truckloads of applesauce and one truckload each of pinto and veggie beans. They were all originally ordered for a November 30 delivery period but have been moved to a February 28 delivery period.

It is possible that the truckloads may not be here in time for shipment 9 which is scheduled to begin delivery on February 16.

AVAILABLE COMMODITIES

It is hard to believe, but the final commodity shipments are quickly approaching. To stock up for the final few months of school in the spring, fax your requests for additional commodities to the OPI School Nutrition Office at (406) 444-2955 no later than **January 12, 2009**.

The following items are still available:

Apple Slices	\$20.25
Bakery Mix	\$19.52
Beans, R Kidney	\$21.59
Beans, Pinto	\$18.50
Beans, Refried	\$21.87
Beans, Veggie	\$17.04
Beef 40	\$78.56
Blueberries Cult	\$64.12
Cheese Sliced	\$59.97
Cheese Cheddar Shred	\$66.97
Cherries Dried	\$80.07
Chix Breaded 7 pc	\$53.20
Chix Fajita	\$66.63

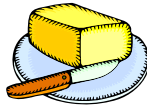
Corn, Frz	\$19.47
Flour A/P	\$11.41
Flour B	\$13.64
Ham	\$61.42
Macaroni	\$12.25
Mixed Fruit	\$30.04
Mozzarella LMPS	\$65.15
Peach Cups	\$27.54
Peach Cups (Bonus)	
Peaches Diced	\$26.71
Peanut Butter	\$32.27
Pear Halves (Bonus)	
Peas, Frz	\$20.48
Pork Roast CANCELLED	\$61.81
Potato Wedges Fat Free	\$16.76
Rice, Brn Quick Cook	\$23.24
Salsa	\$18.52
Shortening	\$30.98
Spaghetti Whole Grain	\$11.95
Strawberries Sliced	\$23.07
Strawberry Cups	\$33.06
Tomatoes Diced	\$19.22
Turkey Hams	\$55.31
Turkey Roasts	\$71.28
Veg Oil	\$39.13

Due to the cancellation of the pork roasts an additional truckload of ground beef has been purchased for those schools needing a replacement product. The shortening has been discontinued by the USDA and will no longer be available after this inventory is gone. There are four cases of strawberry cups that were returned to the warehouse and five cases of frozen peas that were leftover from last year. The apple

slices, bakery mix, and dried cherries are also products that have been carried over and need to be used as quickly as possible.

TRIMMING TRANS FAT

Did you know that processed foods and oils provide about 80 percent of trans fat in the diet, compared to about 20 percent that occur naturally in food from animal sources?



We know that fats and oils are part of a healthful diet, but the type of fat makes a difference to heart health.

You can reduce the amount of trans fat your students consume by eliminating products with trans fat or serving them less often.

For more information on trimming trans fat check out the USDA fact sheet "Trim Trans Fat for Healthier School Meals." It can be found at <http://www.opi.mt.gov/schoolfood/resources.html>.

A HEALTHIER "YOU" IN 2009

Work demands, procrastination, family obligations, and lack of time and energy can be roadblocks on the path to good health. Following are some simple suggestions that may help get you on the road to a healthier you.

Eat, but don't pig out. Slashing entire food groups from your diet often backfires, because food is good and is one of the pleasures in life. Instead of deprivation, practice moderation during the holidays and throughout the year.



Jump outside the box. Exercise doesn't have to be done a certain way, at a certain place, at a certain time, and for a certain amount of time. No need to join an expensive fitness center: try walking a bit further in the parking lot, taking the stairs or raking leaves. There is a lot you can do with what you have around you.



Be sure to get at least three servings of dairy a day to guard against bone loss. Healthy sources of dairy include skim milk, low-fat cheeses and yogurt. Some nondairy calcium options are canned salmon with bones, dark green vegetables, dried beans and calcium-fortified juices and cereals.

Make a point to be up to date on health screenings. The tests could help you live longer and healthier; and last, but not least, move to center stage. Research shows stress can wreak havoc on health so relax and do something for yourself each day.

